

Motor Your Way Through the Holiday



Below are suggestions for holiday gifts to help engage your child in gross motor activities at home!

Stationary games

They are just as important as movement activities!

- Works on
 - Postural stability and control
 - Balance
 - Relaxation

Suggestions

- **Balance boards**
 - 2 in 1 balance board by Magic Cabin found on Amazon
 - ALEX active monkey balance board found on Amazon
 - Fat brain teeter popper found on Amazon or Fat Brain Toys website
 - Spooner board freestyle found on Amazon
- **Yoga cards**
 - Yoga Pretzel (yoga cards) found on Amazon
 - Yoga cards - the game found on Fat Brain Toys website
 - Think Fun Yoga Spinner found on Amazon



2-in-1 Balance Board (age 4+)



- **KidO Bilibo**
 - Moluk Bilibo found on Amazon
- **Rocking horse**
 - Rockin Rider Lucky Talking Plush Spring Horse found on Amazon
 - Labebe Child Rocking Horse found on Amazon



Dynamic games

- Works on
 - Strength
 - Coordination
 - Motor planning
 - Balance
 - Endurance

Suggestions

- **Climbing**
 - Gym 1 Indoor playground found on Amazon
 - Lil Monkey Dome Climber found on Amazon
- **Trampolines**
 - Little Tyke 3' Trampoline found on Amazon or Little Tyke website
 - Jump 2 It trampoline found on Zulily
- **Balance beams**
 - Step a logs found on Amazon
 - Health Star Foam Beam found on Amazon
- **Mat Games**
 - Giantex 4'x10x2' gymnastics mat folding panel found on Amazon
 - Mat-a-matics musical Mat found on Amazon
 - Leap Frog Learn and Groove Musical Mat found on Walmart.com or Leapfrog.com
- **Crawling games**
 - Melissa & Doug Sunny Patch Happy Giddy Crawl - Through Tunnel found on Amazon
 - Hide and Side Kids Play Tunnel found on Amazon



EDITOR'S choice
Gym1 (ages 3-12)



Learning Advantage Step-a-Logs (age 2+)

- **Tricycle**

- this can vary depending on age and ability level, if you are considering getting a tricycle for your child, reach out to your PT for recommendations



B. MacA-Matics Medical Mat (age 2+)

Ball Skills

- Works on
 - Hand eye or foot eye coordination
 - Postural stability
 - Strength
 - Motor planning

Suggestions

- **Balls**

- Melissa & Doug Sports Throw Pillows with Mesh bag found on Amazon
- Melissa & Doug Sunny Patch Dilly Dally Turtle or Ladybug classic rubber ball found on Amazon



- **Sports**

- iPlay, iLearn Kids Bowling Play Set found on Amazon
- Franklin Sports Mini Soccer Goal found on Amazon
- Fisher Price Grow to Pro 2 in 1 Tee Ball found on Amazon
- Tuko Basketball Hoop Game found on Amazon
- Franklin Sports Mini Hockey 2 in 1 set found on Amazon



- **Target games**

- Melissa & Doug Sunny Patch Tootle Turtle Target Toss Game found on Amazon
- Kids Dart Board Game with 6 Balls found on Amazon



When selecting a gross motor game consider your child's ability, motivation, and interests! You want your child to be challenged but achieve success!

not all games have a picture

References

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